



Compassion - Courage - Forgiveness – Respect – Thankfulness
Mistley Norman Church of England Primary School and Nursery



Physical Education Overview

Year A – 2022-2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Aristotle	Ball skills - hands Locomotion	Dance (growing) Ball skills - feet	Gymnastics - body parts	Gymnastics - jumping	Team Building Games for understanding	Rackets, bats and balls Running
Plato	Basketball Netball	Football Dance – explorers Dance - weather	Gymnastics – symmetry Tag rugby	Gymnastics – bridges Handball	Running Throwing and jumping Rackets, bats and balls	Athletics Cricket Rounders
Socrates	Badminton Basketball Netball	Dance – Greeks and carnival Football	Tag rugby Gymnastics – counter balance and counter tension	Handball Gymnastics – matching and mirroring	Athletics Cricket	Competitions Cricket Rounders